**Transition Services**

Transition services are coordinated set of activities among teachers, staff, students, and parents/guardians to promote positive movement through Arlington Public Schools and beyond. Transition activities include, but are not limited to, the following:

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| Self-determination/Self-advocacy | Career Awareness/Career Development |
| Vocational Evaluations & Trainings | Diploma Options |
| Learning Styles | Independent Living/Community Participation |
| Employment & Continuing Education Options | IEP Training |
| Resumes, Job Applications & Interviewing Skills | College Applications |
| Job Shadowing/Internships/Apprenticeships | Connections to Community Resources/Adult Services |

Goals and activities that address self determination may relate to all postsecondary activities and environments. There are many sub-skills found under the broad area of self determination. These sub skills are:

* Self-Evaluation
* Self-Reinforcement
* Self-Instruction
* Self-Advocacy & Leadership
* Self-Awareness
* Self-Knowledge
* Decision-making
* Choice-making
* Problem-solving
* Goal-setting & attainment
* Internal locus of control
* Positive attributes of efficacy and outcomes expectancy
* Self-Observation